







More Than Food
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Pappardelle with Rich Fennel Pork Ragu

Sometimes you just want to come home and devour a bowl of comforting pasta. Well, we've taken pasta to a whole new level with this recipe. Delicious Tuscan pork sausages make for a pretty tasty sauce, and coupled with our beautiful pappardelle pasta, we promise you'll be very happy!

 30 mins

 1.5 of your 5 a day

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Onion
(2)



Garlic Clove
(2)



Flat Leaf Parsley
(1 bunch)



Parmesan Cheese
(40g)



Tuscan Pork Sausage
(400g)



Fennel Seeds
(1½ tsp)



Chopped Tomatoes
(2 tins)



Pappardelle
(400g)


4 PEOPLE INGREDIENTS

- Onion, chopped
- Garlic Clove, grated
- Flat Leaf Parsley, chopped
- Parmesan Cheese, grated

2
2
1 bunch
40g

- Tuscan Pork Sausage
- Fennel Seeds
- Chopped Tomatoes
- Pappardelle

400g
1½ tsp
2 tins
400g

 Our fruit and veggies may need a little wash before cooking!

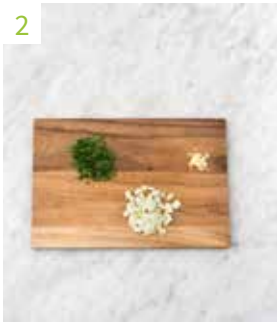
Did you know...

The word 'pappardelle' is derived from the verb 'pappare' meaning to gobble up.

Allergens: Milk, Gluten, Sulphites.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	783 kcal / 3296 kJ	23 g	8 g	104 g	12 g	38 g	0 g
Per 100g	131 kcal / 550 kJ	4 g	1 g	17 g	2 g	6 g	0 g



1 Bring a large pot of water to the boil with a pinch of **salt**.

2 Peel the **onion**, cut in half through the root and finely chop. Peel and grate the **garlic** (or use a garlic press if you have one) and roughly chop the **parsley**. Grate the **parmesan cheese**.

3 Heat a splash of **olive oil** in a large frying pan on medium-high heat. Cut open the **pork sausage**, remove the meat and discard the skin, then fry your **sausage meat** for 5 mins until the edges start to crisp. **Tip:** Use a wooden spoon to break the sausage meat up into pieces.



4 Remove your **pork** and keep to one side, then cook your **onion** in the same pan on medium heat for 5 mins (there should be enough oil left in the pan from the pork). Add your **garlic** and **fennel seeds** and cook for a further 2 mins.

5 Add the **chopped tomatoes** and your **pork** back into the pan and allow your **ragu** to thicken for 8-10 mins. Season with a pinch of **salt** and a grind of **black pepper**. **Tip:** At this point add a sprinkle of sugar, if you have some, to lift the flavour of the tomatoes.



6 While your **ragu** is cooking, add the **pappardelle** to the boiling water and cook for 7 mins until 'al dente'. **Tip:** 'Al dente' simply means the pasta is cooked through but has a tiny bit of firmness left in the middle - taste it as you go to get it just right.

7 Once cooked, drain your **pasta** and drizzle over a little **oil** to stop it sticking together. Add your **pasta** to your **ragu** along with most, but not all, of your **parsley**. If you feel up to the task then toss your ingredients together - otherwise gently fold. Serve your **pasta and ragu** on plates and top with your remaining **parsley** and your **parmesan cheese**.



Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!